

Wakefield Senior Center

8100 Braddock Road, Annandale VA 22003
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AGNES TARBETT—Director
REBECCA BOONE—Program Coordinator

Operating Hours
Monday - Friday 9 a.m. - 4 p.m.

www.fairfaxcounty.gov/ncs

Schedule of events and activities are subject to change. Please call the facility directly for the most updated information.

July 2016

Programs			
Program	When	Time	Description
Coffee Social	Monday - Friday	9 - 10 a.m.	A daily chance to catch up with old and new friends.
Open Computer Lab	Monday - Friday	9 a.m. - 3 p.m.	Computers available for anyone who needs access. Free Wi-Fi available.
Art Lab	Mondays	10 a.m. - 1 p.m.	Bring your own art project and enjoy working on it in the company of your peers!
Silver Surfers	Tuesdays	10 - 11:30 a.m.	Get help with any computer questions you have. This individualized attention will solve your computer problems!
Open Bridge	Tuesdays	12:30 - 3 p.m.	Open Bridge, some experience necessary. No lessons given.
Open Bridge	Wednesdays	12:30 - 3 p.m.	Open Bridge, some experience necessary. No lessons given.
Bingo	Fridays	12:30 - 1:30 p.m.	Everyone wins. Stop by for the fun!
Craft Work Project	Fridays	1 - 3:30 p.m.	Create Teddy Bears for children at INOVA Fair Oaks Hospital.
Classes			
Class	When	Time	Description
Inner Joy with Joan (Meditation)	Mondays	1 - 2 p.m.	Find Inner Peace in this free meditation class. Join anytime. Ongoing.
English as a Second Language (ESL)	Mondays	2 - 3:30 p.m.	Improve your English in this small class setting. Join anytime.
Silver Surfers	Tuesdays	10 - 11:30 a.m.	One-on-one computer tutoring. Free Wi-Fi available. Free class. Come anytime. Ongoing.
Line Dancing	Tuesdays	10 a.m. - noon	Intermediate class for fun and relaxation. First class 5/24, last class 7/26. No class 7/5. \$10 for all 8 classes.
Exercise ABC's	Wednesdays	10:30 - 11:30 a.m.	This enjoyable exercise class gets you moving! First class 6/1. No class 7/27. Last day 8/10. \$5 for all 8 classes.
Chair Exercise	Thursdays	10 - 10:30 a.m.	A great class for those with mobility issues or just getting back into exercise. Free class. Come anytime. Ongoing.
Zumba Gold w/ Toning with Millette	Thursdays	10:30 - 11:30 a.m.	Latin dance moves and music to get you into shape and brighten your day. First class 6/2, last class 7/28. \$5 for all 8 classes.
Yoga	Thursdays	Noon - 12:50 p.m.	This class is modified to meet your needs. Increase your flexibility and calm your mind. First class 5/19, last class 7/28. \$5 for all 8 classes.
Zumba Gold with Millette	Fridays	10:30 - 11:30 a.m.	Latin dance moves and music to get you into shape and brighten your day. First class 5/27, last class 7/29. \$5 for all 8 classes.
Trips			
Event/Trip	When	Time	Description
International Joke Day	Friday, July 1	10:30 a.m.	Bring your favorite jokes to share!
Center Closed	Monday, July 4	All Day	Fourth of July!
Phillip's Collection	Tuesday, July 5	10:15 a.m.	Enjoy this museum of modern art with over 3,000 collections!
Springfield Plaza	Thursday, July 7	10:15 a.m.	Trip of necessity to Springfield Plaza. \$1 bus fee.
Sing -a- long	Friday, July 8	11:30 a.m.	After a brief discussion abut health care, join us in singing some of your favorite songs.
Fair City Mall	Thursday, July 14	10:15 a.m.	Trip of necessity to Fair City Mall. \$1 bus fee.
Kenilworth Path & Aquatic Gardens	Tuesday, July 19	10:15 a.m.	Visit the lotus in full bloom. Bring a camera and a picnic lunch. Don't miss this one!
National Junk Food Day	Thursday, July 21	10:15 a.m.	Indulge! We'll provide some favorites. It's all about moderation, right?
Springfield Mall	Thursday, July 21	10:15 a.m.	Trip of necessity to Springfield Mall. \$1 bus fee.
National Milk Chocolate Day	Thursday, July 28	12:45 a.m.	Could it be the world's most favorite holiday? Come celebrate with us and see!
Wegmans	Thursday, July 28	10:15 a.m.	Trip of necessity to Wegmans. \$1 bus fee.
Birthday Celebration	Friday, July 29	12:30 p.m.	Celebrate everyone with a July birthday by eating cake!
Guest Speakers			
Fire Department	Thursday, July 7	Noon - 12:50 p.m.	A variety of safety topics.
Numistatist (coins)	Tuesday, July 12	10 a.m.	Learn the history behind coins.
Community Meetings			
Meeting	When	Time	Description
WSC Advisory Council	Wednesday, July 6	11:30 a.m.	Monthly meeting of the Wakefield Senior Center Advisory Council. Come and give input for your senior center! Everyone is welcome!
NVSO	Tuesday, July 12	1 - 3 p.m.	Monthly meeting of Northern Virginia Senior Olympics.
NVSS	Wednesay, July 20	12:45 p.m.	Monthly meeting on Nothern Virginia Senior Softball.